



# Lifetime Substance Use Among High School Students in Maine

**1 in 2**

Have tried alcohol

**1 in 3**

Have used an electronic vapor product

**1 in 3**

Have used marijuana

**1 in 10**

Have used a prescription pain medication that was not their own

2017 MIYHS Data

All other lifetime drug use rates were under 10 percent. For more on youth drug use rates, go to: [www.maine.gov/MIYHS](http://www.maine.gov/MIYHS)



## How to Help Youth in Your Community



### Model healthy behaviors and talk to youth about the dangers of substance use:

*Having an adult who cares and who disapproves of drug use is associated with less youth drug use.*

### Offer engaging activities for youth:

*Examples: After school clubs, youth centers and mentor programs.*

### Work with others in your community to hold a community event:

*Events can help: raise awareness, decrease access, and build healthy connections between youth and adults.*

### Review and strengthen policies:

*The more likely youth think they are to be caught, the less likely they are to use substances.*

### How to help:

For treatment: Dial 2-1-1 or go to: [www.211maine.org](http://www.211maine.org)

Information and resources on prevention: [www.PreventionforMe.org](http://www.PreventionforMe.org)

Strategies, news and tools for communities: <http://www.samhsa.gov/capt/>

Free tobacco and substance use prevention materials:

[www.maine-prevention-store.org](http://www.maine-prevention-store.org)

